

National Caregiver Day: Resource Supports and Upcoming Webinars

As National Caregiver Day is becoming more recognized and acknowledged throughout Canada, many webinars and resources have been put forth through agencies to show continued support for Caregivers. Below you will find two sections, one in which includes upcoming webinars taking place on April 4th, 2023 and the second which outlines websites and resources that offer information and support year round.

Webinars for National Caregiver Day

Ontario Caregivers Organization- National Caregiver Days Webinar

Event Date: April 4th from 9:00-10:00am

Webinar Description: Join us on April 4th for National Caregiver Day to celebrate family caregivers! We will be hosting a live virtual event where we will hear from caregivers about their caregiving journey, along with remarks from: Jennifer McKelvie, Deputy Mayor of the City of Toronto, Amy Coupal, Chief Executive Officer of The Ontario Caregiver Organization (OCO), Samantha Peck, Executive Director at Family Councils Ontario (FCO).

The live event will be followed by a demonstration of some of the resources available to caregivers. The shared resources belong to organizational partners as part of *The Toronto Caregiver Collaborative Forum*.

Link to register: <https://ontariocaregiver.ca/event/national-caregiver-day-celebrateacaregiver/>

Carers Canada- National Caregiver Day Featured Webinars

Panel One: Valuing the Voices of Caregivers and Patients

Event Date: April 4th, 10:00am-11:00am

Description: This session will showcase the importance of education and programs that are based on patients' and caregivers' values, providers expertise and best available evidence.

Registration Link: <https://www.carerscanada.ca/national-caregiver-day-campaigns/#feature-webinars>

Panel Two: Grief from the First Steps

Event Date: April 4th, 12:00pm-1:00pm

Description: Grief is a very normal and unavoidable part of the caregiver's journey. Each caregiver's experience and response to grief is unique, and it doesn't only begin when their loved one's life ends. This session explores the needs of grieving caregivers and how caregivers receive hope, comfort and support in ways that meet the challenges of caregiving. This conversation will bring together the expertise of caregivers, research and innovative technologies in a discussion about grief and bereavement.

Registration Link: <https://www.carerscanada.ca/national-caregiver-day-campaigns/#feature-webinars>

Panel 3- Conversation throughout the Journey

Event Date: April 4th, 1:30pm-2:30pm

Description: For many caregivers, their role caring for a loved family member or friend is a new path filled with questions, fears, and doubts. Talking to the caregiver(s) is an important opportunity to bring forward their needs and provide the reassurance, answers and supports required to help them care, comfort, and stand by their loved one. Experts in Serious Illness Conversations (SIC) and Advanced Care Planning (ACP) will respond to the experiences and perspectives of caregivers about the care conversations they wished had happened and the conversations which changed their caregiving experience for the better.

Registration Link: <https://www.carerscanada.ca/national-caregiver-day-campaigns/#feature-webinars>

Websites and Resources Regarding Supports and Information on Caregiving

1. Family Caregiver Alliance

Description: For more than 40 years, FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. Our services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers. Our services, education programs, and resources are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving. For access to these supports please click the highlighted link below.

Family Caregiver Alliance Website Link: <https://www.caregiver.org/caregiver-resources/>

2. Pallium Canada

Description: LEAP Carers is an online, self-learning course that provides carers with information and resources to help them provide care to their family or friends living with a serious illness. Caregiving is a role that most caregivers are thrust into with little to no preparation or training. LEAP Carers provides important information, practical training and resources for family caregivers who support those facing life-limiting illnesses. LEAP Carers builds on the highly successful caregiver training program from the Champlain Hospice Palliative Care Program and focuses on a series of free, online interactive modules that focus on the 'functional' aspect of being a caregiver.

Pallium Canada Website Link: <https://www.pallium.ca/course/leap-carers/>

3. Ontario Caregiver Organization

Description: This website provides a resource page focused on caregiver supports that details the varying areas of support they offer such as online workshops, webinars, peer supports and 24/7 helplines. The website allows you to explore and learn more about these caregiver supports and how to access them.

Caregiver Supports Link: <https://ontariocaregiver.ca/for-caregivers/>